



Nutritional Supplements for Optimal Health

(How to stay healthy on less than \$4.00 per day)

Nutritional supplements help us maintain optimum health. It's that simple. Certainly a good diet, daily exercise, avoiding stress and a good night's sleep help, but taking the appropriate supplements sets the stage for your body to function at the highest level. There is growing, solid evidence that nutritional supplements – vitamins, minerals, amino acids, essential fatty acids, herbal & botanical products and various other natural compounds like Coenzyme Q10 and alpha lipoic acid – have specific health benefits. Taken in the right doses these unpatentable natural medicinal products (i.e., nutraceuticals) can prevent cancer, heart disease, neurodegenerative diseases, and among other things, improve sleep, attention and prevent loss of vision.

These are the supplements that I take along with their recommended doses (the dose that I take) and a brief explanation of each one's benefits:

Dr. Wycoff's Eight Key Supplements for Optimal Wellness

- **Phyto Multi** – two tablets daily
 - This comprehensive multiple vitamin and mineral formula supplies a high potency, ratio-balanced B vitamins with extra B-12 to support methylation and metabolism. It provides broad-spectrum antioxidant protection. It delivers select nutrients to support liver and adrenal function and the appropriate calcium to magnesium balance of healthy bone support. You may take 6 to 8 tablets daily if you are nutritionally depleted. I take my tablets in a split dose, two twice a day with food.
- **Metagenics EPA:DHA 720** - Omega 3 fatty acids – take 2-6 soft gels daily
 - These are the two essential fatty acids (EFA's) that promote cognitive and neurological health and they prevent heart disease, cancer and improve blood lipid levels. DHA influences brain cell signaling and neurotransmitter function. EPA thins the blood and is involved in reducing inflammation and improving blood flow through the coronary arteries and other blood vessels.
- **Metagenics Iso D3 or D 3 5000** (vitamin D3) – take one daily
 - Called the “master key to optimum health,” vitamin D controls the expression of more than 1,000 genes throughout the body. Genes that vitamin D express prevent influenza and treat tuberculosis, strengthens muscles, prevents common cancers and prevents autoimmune diseases. You should have your vitamin D level checked yearly with a simple blood test (25-hydroxyvitamin D) and maintain a level of between 50 – 80 ng/ml. You may require additional vitamin D to reach this level. I know my level, do you know yours?

- **Iodoral 12.5 mg** (iodine) – take one daily
 - Iodine taken in dose 100 times the RDA (recommended daily allowance) has many important benefits. These include its role as an antioxidant, preventing and treating fibrocystic breast disease and preventing and treating cancers. Iodine helps keep the immune system healthy and it provides antiseptic mucosal defense in the mouth, stomach and vagina. People who take sufficient iodine say that they feel healthier and have a sense of increased well being and increased energy.
- **Metagenics NutraGems CoQ10 300** (Coenzyme CoQ10) – Take one chewable twice weekly
 - CoQ 10 is a vitamin-like compound. The body synthesizes it, but in insufficient quantities, especially in people who take statin drugs such as Lipitor, Zocor, Crestor or Mevacor. It is a strong antioxidant and removes the bad (LDL) cholesterol from the blood stream. The hearts in people with congestive heart failure and brains in those with Parkinson's disease lack CoQ10. Higher doses (800 – 1200 mg/day) may effectively help in these diseases. Even in these high doses CoQ10 has few if any side effects and little toxicity risk. This new nutraceutical form can be taken less than daily resulting in larger cost savings.
- **Metagenics L-Carnitine plus Chromium** – take one a day
 - L-Carnitine is needed for cells to metabolize fat. L-Carnitine transports long chain fatty acids into the mitochondria when they can be converted into energy. Fats supply most of the fuel that muscle cells require. Patients who have congestive heart failure need higher levels of L-Carnitine in order to make adequate energy.
- **Metagenics Mag Glycinate** (magnesium) – take two tablets at bedtime
 - Magnesium is one of the most needed minerals in our body. 80 percent of the enzymes in our body need magnesium to function. Magnesium deficiency can affect every organ system in the body causing muscle cramping, neck pain, headaches, high blood pressure, cardiac arrhythmias and insomnia. Taking magnesium at night will help normalize sleep and bowel function.
- **Metagenics Meta Lipoate 300** (alpha lipoic acid) – take one tablet daily
 - Alpha-lipoic acid (ALA) is one of the most powerful antioxidants in the body and a critical nutraceutical. ALA restores vitamin C, vitamin E, CoQ10 and glutathione back to their functional, reduced antioxidant state. ALA aids glucose entry into cells, improves insulin sensitivity and reduces the risk of diabetes. It protects brain cells, chelates mercury from the body and reduces the risks of atherosclerosis.

Cost (per day):

- Phyto Multi – \$1.17 per day
- OmegaGenics EPA:DHA 720 – \$1.10 per day
- D3 5000 – \$0.20 cents per day
- Iodoral 12.5 mg – \$0.33 cents per day
- CoQ10 100 mg – \$.31 cents per day
- L-Carnitine with Chromium - \$.77 cents per day
- Mag Glycinate – \$.43 cents per day
- Meta Lipoate – \$.63 cents per day

The total cost of taking these 8 key supplements is \$4.94 per day, less than the costs of a Starbucks double mocha latte! Taken together, they can substantially reduce the risk of getting cancer, heart disease and neurodegenerative disorders such as Alzheimer's dementia, amyotrophic lateral sclerosis and Parkinson's disease.

To ensure optimum health I take these inexpensive nutraceuticals rather than prescriptions drugs like Lipitor or other statin drugs, designed to reduce cholesterol or Fosamax for osteoporosis.

These products are available either at the office or through the On-Line Store at www.wycoffwellness.com. Get started on your road to health and wellness today!